

CLAIMS

What is claimed is:

1.- 5. (Canceled)

6. (New) A method of maintaining the body protein and concurrently reducing the body fat in an animal, comprising the steps of:

(i) preparing a composition containing histidine which is obtained by (a) extracting the protein contained histidine from fish to provide protein extraction, (b) deodorizing the protein extraction by charcoal to provide deodorizing extract, (c) concentrating the deodorizing extract using reverse osmosis membrane to provide concentrated extract, (d) desalinating the concentrated extract using electrodialysis to provide desalinated extract, and (e) powderizing the salinated extract; and

(ii) administering to the animals an effective amount of the composition containing histidine which is effective to maintain the body protein and concurrently reduce the body fat of the animal.

7. (New) The method of claim 6, wherein said fish is Bonito.

8. (New) The method of claim 6, wherein said amount of administered histidine is about 5 g/kg to about 25 g/kg of the animal body weight.

9. (New) The method of claim 6, wherein said composition includes about 12% to about 20 % of histidine.

10. (New) The method of claim 6, wherein said composition is administered as the processed food selected from the group consisting of tablet, capsule, flake form, soup stock powder, and feed for animals.

11. (New) The method of claim 6, wherein said animal is a human being.